

3rd Annual Women's Tea Party

Luncheon & Beautiful Hat Show

**In Honor of
National Women's History Month**

Come enjoy this enlightening afternoon to include our Key Note Speaker Lucille Adin, lunch and inspiring presentations. Bring a guest and wear your beautiful hat.

This Years Theme "Stories of Our Lives"

Day: Tuesday, March 31, 2015

Time: 12:00 p.m. - 3:00 p.m.

Location: EMNCC (Tuscarora Room)

Fee: Drop In Fee (159856)

Please RSVP by March 20, 2015



Dinner and a Show

Madame Houdini at the Eldorado

Date: Thursday, March 19, 2015

Time: 5:00 p.m. to 9:00 p.m.

Location: Eldorado

Fee: \$52.00 (162092)

Dinner will be at 5:00 p.m.

Show begins at 7:00 p.m.

EMNCC: 4:00 p.m.

TPPAC: 4:15 p.m.

NRCC: 4:30 p.m.



The 2015 Senior Winter Games ended on Saturday, February 14th at the Valentine's Day Dinner Dance at the Circus Circus Reno Hotel.

Watch for our Special Edition of the Senior Connect coming out in the next couple of weeks with full results and photos of all events!

Daylight Savings time starts on Sunday, March 8, 2015. Don't forget to set your clocks forward one hour when you go to bed on Saturday night!!



Happening Now Around Town

Brunch and a Movie (159800)

Join our Senior's Club as we venture out for brunch at the Eldorado Casino buffet followed by a movie of your choice at Century Riverside 12 movie theater. Register for this popular event in advance to reserve your transportation and pick-up from various sites.

Date: Thursday, March 5, 2015
Location: Eldorado Casino
Fee: \$20.00 / Scholarships apply

Pick-up Times and Locations

EMNCC: 8:30 a.m.
TPPAC: 8:45 a.m.
NRCC: 9:00 a.m.

Colin Ross Senior Workshop "St. Patrick's Day Concert"

Come join us for a joyous celebration of Saint Patrick's Day. Enjoy our selection of Irish favorites and other classics. We'll be singing along and wearing the green! Light refreshments will be served.

Date: Tuesday, March 17, 2015
Time: 6:30 p.m. - 8:00 p.m.
Location: NRRC
Fee: \$5.00 (161292)

Pick up Times and Locations

EMNCC: 5:30 p.m.
TPPAC: 6:00 p.m.



Don't be a target Protect, Detect, Report

Please attend and find out what your Medicare options are. Original, supplemental, advantage, extra help programs, and more. Be empowered and learn to prevent Medicare fraud, waste and abuse.

Presenter: Dena Miguel, Northern NV Manager State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP).

Date: Tuesday, March 10, 2015,
Time: 10:00 a.m. - 11:00 a.m.
Location: Laxalt Auditorium in the Nelson Building, 401 W. 2nd St.
Fee: Free

If you plan to attend, please contact Sina Ward by Friday, March 6, 2015 at 775-784-7506 or email sinaw@unr.edu

Come early at 9:00 a.m. and meet fellow volunteers over a cup of coffee or tea and a light breakfast.

Friends of Washoe County Library Book Sale

Dates: March 14 - 22, 2015
Time: 10:00 a.m. to 5:00 p.m.
Location: Reno Town Mall

Renown Lecture

Our skin does all of these amazing things but is rarely fully appreciated until it is compromised by accident, injury, disease and through the aging process. Mellyn Johnson, APN will discuss how seniors can keep skin healthy and how often skin should be checked for signs of skin cancer. In addition, Mellyn will talk about wounds, current over-the-counter wound care treatments, signs a wound is healing (or not), when to seek medical assistance, diabetes and wounds, and how the medical experts at Renown Health's Advanced Wound Care can help.

Date: Thursday, March 26, 2015
Time: 12:00 p.m. - 1:00 p.m.
Location: NRCC
Fee: Free

***Please RSVP at 775-982-5400**

Reno Senior Dance Club at NRCC

Join friendly, active seniors and dance, dance, dance, on the second and fourth Sundays. Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ, Felipe Leon. Early dance instruction is at 1:15 p.m.

Dates: 2nd and 4th Sunday
Time: 2:00 p.m. - 5:00 p.m.
Location: NRCC
Fee: \$5.00 per person, pay at the door

**Special thanks to SAVE MART on Prater
for the birthday cakes!**



Social Activities

Caughlin Ranch Trail Walk

Join us to walk the Caughlin Ranch Trail. This trail is paved, has places to stop and sit and has a mix of sun and shade. Restrooms available at Caughlin Ranch Club. The walk is about an hour plus transport time. Please meet at one of our pickup locations for directions to the trail starting point.

Date: Tuesday, March 17, 2015
Time: 10:30 a.m. - 11:30 a.m.
Fee: Free (160193)



Pickup Times and Locations

EMNCC: 9:45 a.m.
TPPAC: 10:00 a.m.
NRRC: 10:15 a.m.

New Pickleball Class "Skills & Drills" at NRRC

This is your chance to practice all aspects of the game through drills and playing situations. Come to our new pickleball class "Skills & Drills" to get helpful tips and learn new skills. This class is held on Wednesdays from 4:30 p.m. - 6:30 p.m. Come learn from our gold medal winning volunteers, Nick & Vicki Sharp!

Date: Every Wednesday
Time: 4:30 p.m. - 6:30 p.m.
Location: NRRC
Fee: Drop In Fee

NRRC Weekly Pickleball Schedule:

Beginners Only: Wed. / 12:00 p.m. - 1:30 p.m.

Drills & Skills: Wed. / 4:30 p.m. - 6:30 p.m.

Pickleball Drop in:

Mon., Wed., Thurs., Fri. - 1:30 p.m. - 3:30 p.m.

Tuesday: Drop in 9:00 a.m. - 11:30 a.m.

St. Patrick's Day Pot O Gold Pot Luck Party

Come enjoy an afternoon of fun, music and dancing. Don't forget to wear your Green! The wearer of the best hat will win a prize! Call Paradise Park to register and let them know what dish you plan to bring!

Date: Tuesday, March 17, 2015
Time: 1:00 p.m. to 3:00 p.m.
Location: TPPAC
Fee: Drop In Fee

Happy, Happy Birthday Party Pairing of Generations (Seniors & Kids)

Even if it is not your birthday come wish others a happy, happy birthday! Bring your grandchildren, nieces, nephews, sons & daughters and celebrate on the third Wednesday each month. Come join us for fun, fun, and more fun. **Special thanks to Atria Summit Ridge for sponsoring the monthly Birthday Cake.**

Date: Wednesday, March 18, 2015
Time: 2:00 p.m. - 3:30 p.m.
Location: TPPAC
Fee: Drop In Fee (152794)



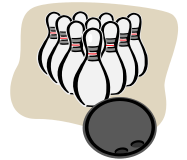
Senior Bowling

Come bowl with your friends or meet new ones! Not a league, no handicapping or prizes! Just bowling for fun, exercise and a way to beat the weather.

Date: Every Wednesday in March
Time: 1:00 p.m. to 4:00 p.m.
Location: High Sierra Lanes
Fee: \$7.50 for 3 games - free shoes
Scholarships apply.

Pick up times and locations:

EMNCC: 12:15 p.m.
TPPAC: 12:30 p.m.
NRRC: 12:45 p.m.



Guys and Dolls

Broadway Comes to Reno (162142)

Date: Saturday, March 7, 2015
Time: 2:00 p.m. - 6:00 p.m.
Location: Pioneer Center of Performing Arts
Fee: \$50.00 /Scholarships apply

Pick up times and locations:

EMNCC: 12:45 p.m.
TPPAC: 1:00 p.m.
NRCC: 1:15 p.m.



Life Long Learning

Computer Essentials Made Simple (159893)

This beginner class demystifies the computer, explaining the fundamentals of how it works. Understand hardware, operating system and types of software applications in simple terms plus hands on use of the keyboard and mouse.

Date: March 9, 11, 13
(Monday, Wednesday, Friday)
Time: 9:30 a.m. - 11:30 a.m.
Location: NRRC
Fee: \$20.00 / Scholarships apply!

OPEN LAB (159906)

Open Lab is not a structured class. This Lab is intended as a companion class for students to access computers and practice skills learned in other classes while having access to the instructor for assistance.

Date: March 9, 11, 13
(Monday, Wednesday, Friday)
Time: 12:00 p.m. - 2:00 p.m.
Location: NRRC
Fee: \$15.00 or \$5.00 Per lab
(\$10.00 if registered in any of our computer classes)

Computer Protection Made Simple (159936)

This computer security class gives a basic understanding of the types of threats that are present and how to combat them. Various topics are covered on how to protect data and privacy.

Date: March 17 & 19 (Tuesday, Thursday)
Time: 9:30 a.m. - 11:30 a.m.
Location: NRRC
Fee: \$15.00 / Scholarships apply!

Digital Photo Management (159924)

Basic skills for getting images from your camera to your computer. Bring your camera, cell phone, cables or memory chips and the instruction manual. And learn different ways to download your images, plus basic photo enhancement including cropping and editing.

Date: March 10 & 12 (Tuesday, Thursday)
Time: 9:30 a.m. - 11:30 a.m.
Location: NRRC
Fee: \$20.00 / Scholarships apply!

Teglia's Paradise Park Basic Art Sketching

You are welcome to explore your art talent with City of Reno Volunteer Grace Wilson. Participants are encouraged to call Teglia's Paradise Park Activity Center for list of supplies 775-356-3176.

Date: Every Monday in March
Time: 1:00 p.m. - 4:00 p.m.
Location: TPPAC (160242)
Fee: Drop In Fee



TPPAC's Current Event Corner

Current Event Corner is a lively, drop-in discussion among diverse people about feelings, thoughts and actions in this complex, changing world. The simple structure of The Current Event Corner and the spirit of respect, curiosity and warm welcome help people shift from small talk to BIG talk.

Date: 1st & 3rd Tuesdays
Time: 1:00 p.m. - 2:00 p.m.
Location: TPPAC
Fee: Drop In Fee



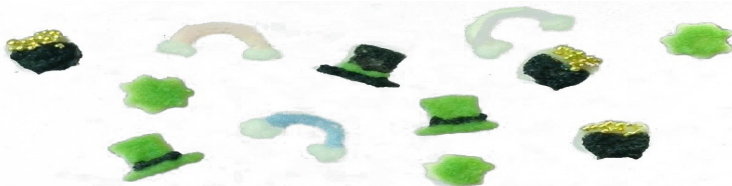
Conversation Café

Conversation Café is a lively, hosted, drop-in conversation among diverse people about our feelings, thoughts and actions in this complex, changing world. The simple structure of it is unique because everyone is welcome and participants have great freedom to say what is on their minds. Come in and share coffee, pastries and ideas as we explore a different topic each week.

Day: Every Tuesday
Time: 10:00 a.m. - 11:30 a.m.
Location: NRRC
Fee: Drop In Fee



Special thanks to Nathan Stoddard with Country Financial for sponsoring refreshments!



Life Long Learning

Join the Senior Discovery Television Production Team

Are you interested in learning how to select a topic, write a script, shoot footage, edit and produce a show that can be used on television, YouTube and web sites? This group meets Tuesday afternoons at Evelyn Mount Northeast Community Center. One week is hands on training and one week is for meetings and planning. Call Senior Services to confirm upcoming meeting schedule and time - 775-657-4602.

Neil Road Book Club

If you enjoy reading and engaging in thought - provoking discussions on the books you read, please come join the NRRC book club. The March book is "The Basque Hotel," by Robert Laxalt. Patti McClelland at 775-626-3267.

Date: Thursday, March 26, 2015
Location: NRRC
Time: 10:00 a.m. - 11:30 a.m.
Fee: Drop In Fee (154892)

Bridge Academy

This class is for those, who have never played bridge before or did play bridge so long ago that most has been forgotten. This eight week course is your answer.

Date: Every Friday in February & March
Time: 12:30 p.m. - 3:30 p.m.
Location: TPPAC
Fee: \$14.00(160292)



Western Square Dancing

Have fun, make new friends and join Carol Wilson for square dance instruction. Wear casual attire, singles are welcome, but bring your friends and relatives as everyone will want to participate in this Western Square Dance Class. Good for the mind and the body. This is a great cardiovascular workout and it's easy to learn.

Date: Mondays, February 2 - April 27
Mondays, June 1 - August 17
Time: 6:30 p.m. - 8:00 p.m.
Location: EMNCC / Bullfrog Room
Fee: \$60.00 for 12 Classes (159342)

Senior Basketball

Skills Practice Sessions

It's not too early to get back into shape and start getting ready for the Senior Summer Games.

Basketball skills practice involves shooting basketballs from various distances. Anyone can do it. It's a great way to improve upper body strength, balance and eye and hand coordination while having the excitement of challenging yourself. Come join City of Reno Volunteers, Larry and Judith Zenishek and give it a try and have some great fun!

Date: Every Tuesday in March
Time: 10:00 a.m. - 11:00 a.m.
Location: EMNCC in the GYM
Fee: Drop In Fee



Voices of Paradise Glee Club

Do you like to sing? Want to use your talent? Belong to a fun vocal group? Come join City of Reno Volunteers Rodolfo & Carminia Banares (Rudy & Meny). The Voices of Paradise Glee Club now includes Karaoke singing. The Voices of Paradise performs at various City of Reno functions and accepts opportunities to sing at your events.

Date: 2nd and 4th Tuesdays
Time: 11:00 a.m. - 12:00 p.m.
Location: TPPAC
Fee: Free

We are in need of a volunteer keyboard player with keyboard! Please call Brenda Mahan at 775-334-1201 or email mahanb@reno.gov

Music/Arts & Crafts

Senior Music Workshops (153343)

Come on down to Neil Road Recreation Center for a memorable afternoon filled with traditional Americana and good ol' down home, foot stompin', finger snappin' favorite songs. There's a band to accompany the chorus and Trail Boss, Colin Ross, will provide his musical direction. It's a fun, educational and inspirational time for all. No auditions required and you can sample one class for free.

Date: Every Tuesday in February
Time: 2:00 p.m. - 3:30 p.m.
Location: NRRRC
Fee: \$5.00

Ballroom Dancing

Bring your partner and learn how to Ballroom dance and get a little exercise too!

Date & Time: Every Tuesday, 2:00 p.m. - 3:45 p.m.
 Every Friday, 6:00 p.m. - 7:45 p.m.
Location: EMNCC
Fee: Drop In Fee

Paradise Park's Dancing with the Stars

Come on over to Paradise Park and join active fun loving seniors and dance. You don't need to be a dancer but have a desire to learn and have fun doing it, enjoying good music and making new friends. Dance instruction will be under the guidance of City of Reno Volunteers Rodolfo & Carminia Banares (Rudy & Meny).

Date: 2nd and 4th Tuesdays
Time: 1:00 p.m. - 2:00 p.m.
Location: TPPAC
Fee: Drop In Fee

Ceramic Workshop

Ceramics Workshop is designed to accommodate novice to advanced students. Students are encouraged to bring outside projects to class. Mediums used include acrylic paints, glazes and translucent. Supplies will be available to those pre-registered a week in advance.

Dates: 1st, 2nd & 3rd Wednesdays
Time: 9:30 a.m. - 12:30 p.m.
Location: Basement Art Studio
 McKinley Arts & Culture Center
Fee: \$45.00 (3 Classes - 3 hrs. per class)
To register please call: 775-334-2417

Volunteer Crochet Group

This group meets the 3rd and 4th Thursday to work on community charity projects.

Dates: 3rd, 4th Thursdays
Time: 10:00 a.m. - 12:00 p.m.
Location: EMNCC
Fee: Free

This-N-That Crafters Group

Are you a crafter and want to share your techniques and ideas, or just chat and get new ideas? If so then this senior crafters program is for you. This is an opportunity to talk with friends while working on your craft or to get ideas for your next project.

Day: Every Wednesday
Time: 1:00 p.m. - 3:00 p.m.
Location: NRRRC
Fee: Drop In Fee

Crochet Circle

Join this stress free group to learn a variety of stitches and create afghans, lap blankets and much, much more. Projects require time spent as "home work" for completion. All skill levels welcome.

Day: Every Monday (except holidays)
Time: 10:00 a.m. - 12:00 p.m.
Location: EMNCC
Fee: \$5.00 per registration

Creative Crafts & Quilts (151402)

You can enjoy the art of quilting, do your own craft projects or participate in an instructional new craft project each month.

Day: Every Monday (except holidays)
Time: 12:00 p.m. - 4:00 p.m.
Location: TPPAC
Fee: Drop In Fee for quilters and self projects.

\$5.00 supply fee for the guided craft.
 Guided craft will be Bunny Baskets on March.
 Scholarships apply for guided craft.



Valentine's Dinner at Circus Circus!

S.A.V.E (Senior Auxiliary Volunteer Effort)

A senior organization of the Reno Police Department. Be part of an exciting team of senior volunteer officers. For more information call 775-348-6925 or email SAVE@reno.gov.

Save the Date

Chicago

Broadway Comes to Reno ... a universal tale of fame, fortune and all that jazz!!

Date: Saturday, April 25, 2015
Time: 2:00 p.m. - 6:00 p.m.
Location: Pioneer Center of Performing Arts
Fee: \$50.00 / Scholarships Apply

Nashville Unplugged

The Story Behind The Song - bringing you a never before look at the birth of some of those songs by the people who wrote them.

Date: Thursday, April 30, 2015
Time: 6:00 p.m. - 10:00 p.m.
Location: Harrah's Reno
Fee: \$52.00 / Scholarships Apply

Men's Senior Softball

2015 1st Season Spring Softball

The City of Reno Parks, Recreation and Community Services Department would like to invite you to play in our **2015 First Season Spring Softball League!**

We will be accepting registrations on a first come, first served basis. All games will be played at the Reno Sports Complex.

Who: Senior Men 50 years & older
(determined by birthdays as of Dec. 31, 2015)
When: Tuesday / Senior Men 60 & older
Wednesday / Senior Men 50 & older
Time: 5:20 p.m.
Location: Reno Sports Complex
2975 N. Virginia St., Reno, NV
Cost: \$535.00 10 Game Schedule

Register until March 13, 2015 at Evelyn Mount Northeast Community Center, 1301 Valley Rd. or at City Hall, 1 East 1st St., 11th Floor.

Please call 775-657-4657 or visit our web address <http://www.reno.gov/government/departments/parks-recreation-communityservices/athletics/softball>



Tap Factory

A fun, rhythm based theater show, showcasing urban tap dance and percussions, hip-hop music, comedy and acrobatics.

Date: Thursday, May 21, 2015
Time: 5:00 p.m. - 9:00 p.m.
Location: Eldorado Reno
Fee: \$52.00 / Scholarships Apply

Western Fling

Old Fashioned Pot Luck

Put on those cowboy boots and hats, bring enough to share of your favorite western dish and come join us for an afternoon of fun.



You will also get a chance to learn some fancy square dance moves under the direction of Ms. Carol D. Wilson Instructor of the Western Square Dancers.

Save the Date

Date: Friday, April 10, 2015
Time: 2:00 p.m. - 4:00 p.m.
Location: TPPAC
Fee: Drop In Fee

Older Americans Month

May 1, 2015 to May 31, 2015

Senior Summer Games

August 10, 2015 to August 22, 2015

Resources

Free Blood Pressure Clinic at TPPAC

Blood pressure screening is held monthly at Tegli's Paradise Park. This clinic is free and is provided by Alliance Home Health.

First Tuesdays 10:30 a.m. - 11:00 a.m.

Free Blood Pressure Check at NRRC

Blood Pressure Clinics are held monthly at the Neil Road Recreation Center. This clinic is free and is provided by Northern Nevada HOPES.

Third Fridays 10:00 a.m. – 11:30 a.m.

Mobile Information & Referral from Washoe County Senior Services

Do you need assistance? Referrals for services? Senior Services staff will begin rotating through our Meal Sites. Pick up a Benefit checklist for a listing of the services available, a Medicaid or Food Stamp application, an application for Energy Assistance and General information about Senior Services and what we have to offer.

Dates: Every Monday

Time: 10:30 a.m. - 11:30 a.m.

Location: NRRC

SHIP Counselors

Available at Neil Road Recreation Center

The State Health Insurance Assistance Program (Ship) will have counselors available to help with enrollment & answer any and all questions regarding Medicare.

Date: 1st Thursday of every month

Time: 10:00 a.m. - 1:00 p.m.

Location: NRCC

Fee: Free

Additional dates and times are offered in the City of Sparks. Please contact the City of Sparks for more information.

Senior Tax Preparation Assistance

AARP TAXAIDE will be available to assist in preparing your taxes beginning February 10 and will last until April 14 from 9:00 a.m. - 11:15 a.m. at NRRC. This is a free service. Please call David Frame at 775-762-7146 to set up an appointment.

2-1-1 Health & Human Service Facts

From basic needs to any health and human service program, one call to Nevada 2-1-1 offers access to:

- Basic human needs resources
- Physical and mental health resources
- Financial stability
- Programs for children, youth and families
- Support for older Americans and persons with disabilities

Bread Drop

The Food Bank of Northern Nevada delivers bread, pastries and desserts every Tuesday. In order to increase the organization and food distribution equally we have implemented a process as follows:

- Numbers will be handed out
- This number allows you a limited selection of food items of your choice
- You will be asked to sign-in with your name
- All participants must wait until their number is called

Everyone 16 yrs. & older are encouraged to participate.

Days: Every Tuesday

Location: TPPAC

Time: 10:00 a.m.

Location: NRRC

Time: 12:00 p.m.

AARP Driving Program

Tune up your driving skills with AARP. Learn defensive driving techniques, how to adjust to age related changes, dealing with aggressive drivers and other skills that will help you meet the challenges you face on today's roads. Eligible participants receive auto insurance discounts.

Date: Saturday, March 28, 2015

Time: 9:30 a.m. – 2:00 p.m.

Location: NRCC

Fee: \$15.00 for AARP members

\$20.00 for non-members

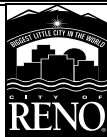
For more information or to register call 786-3509.



Resources



Senior Lunch Program



Hot meals and salads are offered Monday through Friday as part of the Senior Lunch Program at Neil Road Recreation Center. Meals must be ordered a day in advance. **Call 326-6601.** Even if you are not a senior, you can join us for lunch at the cost of \$4.00 per person. Additional eligibility requirements apply. For more information call Washoe County

Senior Services at 328-2575 or go on line to www.reno.gov/seniors. Senior meals are also served at the Washoe County Senior Center. *Special thanks to City of Reno Volunteer Pat Finch*

Neil Road's

Veterans Information Presentations

Are you a Veteran and need information to see if you qualify for Disability? Northern Nevada Veterans Resource Centers, Michael Kukulski will be at Neil Road Recreation Center the following dates to help.

Date: Monday, March 9 & 23, 2015

Time: 10:00 a.m. - 1:30 p.m.

Location: NRRC

Fee: Free

Newsletter by Mail and/or Email

The senior Connect Newsletter is available to be mailed to your home or Go Green and let us email the link to you each month.

If you would like to receive this publication by mail, please call Senior Services 775-657-4602 or email SeniorServices@reno.gov.

Senior Citizen Advisory Committee Meeting

Date: Tuesday, March 10, 2015

Time: 10:00 a.m. - 12:30 p.m.

Location: NRCC

Contact: 775-657-4648

Supplemental Nutrition Assistance Program (SNAP)

Please call 1-888-304-7627 State Hotline for list of locations & times to apply or 1-800-992-7627 for questions and how to apply. You can also call or visit Neil Road Recreation Center 775-689-8484 or Teglia's Paradise Park Activity Center. 775-356-3671 for monthly calendar and list of food pantries.

Health, Wellness & You

Teglia's Paradise Park Activity Center offers drop-in discussion concerning your health and wellness. Useful health and wellness information will be gained each month.

Day: Tuesday, March 31, 2015

Time: 12:00 p.m. - 1:30 p.m.

Location: TPPAC

Fee: Drop In Fee

Senior Summer Games coming August 2015!!



2015 Valentines Day Dance

Fitness

Fitness with Friends at NRRC (155792)

For friends who like to work out together, join us at the Neil Road Recreation Center fitness room! We invite you to join in the fun. Stop by today and ask a staff member to show you the fitness room. Remember it's never too late to start!

Days: Tuesdays and Thursdays
Time: 10:00 a.m. - 12:00 p.m.
Location: NRRC
Fee: Drop In Fee

Sit and Get Fit

This weight training program is designed to strengthen the muscles used for walking and getting in and out of chairs. Exercises are done while sitting and standing or while holding on to the back of a chair, if needed, for balance.

Days: Monday, Wednesday & Friday
Time: 8:30 a.m. - 9:30 a.m.
Location: TPPAC (153056)
Fee: Drop In Fee

Days: Tuesday & Thursday
Time: 10:00 a.m. - 11:00 a.m.
Location: EMNCC (153044)
Fee: Drop In Fee

Get Fit with Silver Sneakers

Silver Sneakers is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the Silver Sneakers benefit. This great benefit includes: Water fitness classes, open swim and lap swim at EMNCC and Northwest Pool, Sit and Get Fit at EMNCC, Chair Yoga at EMNCC and NRRC, open gym, cardio and weight room fitness at EMNCC and NRRC. Silver Sneaker participants *must* register where appropriate and swipe their card each time they visit the site for their fitness class.



Tai Chi Class (154394)

Cheng Man Ching Yang Style short form consists of 37 postures also known as Meditation in Motion. This low impact exercise helps with relaxation, balance and flexibility.

Date: Mondays
Time: 6:00 p.m. - 7:00 p.m.
Location: EMNCC (Gold Hill Room)

Date: Tuesdays & Thursdays
Time: 1:00 p.m. - 2:00 p.m.
Location: EMNCC (Eureka Room)

Fee: \$5.00 per class

Stretch & Tone (160094)

Session includes: Warm-up & strength training; low intensity cardio endurance exercises and stretching cool down to improve flexibility and balance.

Days: Monday, Wednesday & Friday
Time: 9:00 a.m. - 10:00 a.m.
Location: Washoe County Senior Center
Fee: \$6.00 per month

Scholarships apply!

Silver State Super Seniors (152743)

This is a combined recreation and senior exercise program. Class includes sitting and standing exercises, the use of Dynabands, Indian Club exercises, balance practice and precision marching.

Days: Tuesday, Thursday & Friday
Time: 8:30 a.m. - 9:45 a.m.
Location: EMNCC
Fee: Drop In Fee

Qigong (153956)

You will learn Wuji Gong, the primary form of Emei Qigong. It incorporates simple, low impact and meditative movements that are easy to learn for all age groups.

Date: Tuesday, March 10, 17, 24, 31
Time: 5:30 p.m. - 6:30 p.m.
Location: EMNCC
Fee: \$5.00 per class

Fitness

Senior Water Fitness

Water makes a great environment for exercise. Buoyancy takes the impact off of leg joints allowing exercises to improve muscular strength, balance and fitness levels. No swimming skills are required. Note: This class has varying times and courses please call 334-2262 for inquiries & registration.

Location: EMNCC Pool

Days/Times: M/W/F, 12:00 p.m. - 1:00 p.m.

Cost: \$30.00 / 4 week session

Cost: \$20.00 / 4 week session

Days/Times: Tue/Th, 10:30 a.m. - 11:30 a.m.

Days/Times: Tue/Th, 11:30 a.m. - 12:30 p.m.

Cost: \$20.00 / 4 week session

Days/Times: Tue/Th 6:15 p.m. - 7:15 p.m.

Cost: \$20.00 / 4 week session

Location: Northwest Pool, 2925 Apollo Way

Days/Times: M/W/F, 9:00 a.m. - 10:00 a.m.

Cost: \$30.00 / 4 week session

Days/Times: Tue/Th, 9:00 a.m. - 10:00 a.m.

Cost: \$20.00 / 4 week session

Zumba Gold Fitness

Zumba is known for its zesty Latin music and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for Zumba Gold at Tegilia's Paradise Park.

Day: Thursdays

Time: 10:00 a.m. - 11:00 a.m.

Location: TPPAC (154606)

Fee: \$10.00 Monthly

Day: Mondays

Time: 5:30 p.m. - 6:00 p.m.

Location: TPPAC (154644)

Fee: \$10.00 Monthly

Scholarships do not apply!

Chair Yoga

This course is designed to help participants with yoga poses and postures focusing on gentle movement from a chair or standing beside a chair. Building strength and flexibility are key components along with balance for better mobility. Poses will incorporate use of left and right brain and movement coordinated with slow breaths. Plan to dress comfortably with low heeled shoes. Need more information? Feel free to contact the instructor, Pam Pearson at 303-2845 or psp89@hotmail.com.

Location: EMNCC (153956)

Day: Wednesdays

Time: 1:30 p.m. - 2:15 p.m.

Location: TPPAC (153944)

Day: Thursdays

Time: 9:00 a.m. - 9:45 a.m.

Location: NRRC (154394)

Day: Thursdays

Time: 10:30 a.m. - 11:15 a.m.

Fee: \$8.00 per month, per location.

***Silver Sneakers apply,
Scholarships do not apply!***

Mat Yoga

This modified gentle yoga class is an accessible approach to learning the fundamental yoga stretches presented in a flowing class that is easy to follow. Mats, blankets and blocks are available on a first come, first served basis. Students should be able to get off the floor with ease. Need more information feel free to contact the instructor, Pam Pearson at 303-2845 or psp89@hotmail.com.

Day: Mondays, Wednesdays and Fridays

Time: 10:00 a.m. - 11:00 a.m.

Location: NRRC (154194)

Time: 12:00 p.m. - 1:00 p.m.

Location: EMNECC (154043)

Fee: \$30.00 per month per location

Scholarships do not apply!

Cards & Games

Neil Road Recreation Center - Please call 689-8484 for more details & availability

Game Day	Thursdays	1:00 p.m. - 3:00 p.m.	NRRC
Cribbage	Mondays	1:00 p.m. - 3:30 p.m.	NRRC
Pinochle	Wednesdays & Fridays	1:00 p.m. - 4:00 p.m.	NRRC
Basic Bridge	Tuesdays	1:00 p.m. - 3:30 p.m.	NRRC
Badminton (all Ages)	Monday/Wednesday Friday	7:00 p.m. - 10:00 p.m. 6:00 p.m. - 10:00 p.m.	NRRC
Pickleball	Mon/Thurs/Fri Tue Wed	1:30p.m. - 3:30 p.m. 9:00 a.m. - 11:30 a.m. 12:00 p.m. - 2:00 p.m.	NRRC NRRC NRRC
Multi-generational	Wed	4:30 p.m. - 6:30 p.m.	NRRC
Table Tennis	Mon/Wed Thursday Sat	7:00 p.m. - 10:00 p.m. 7:00 p.m. - 10:00 p.m. 10:00 a.m. - 1:00 p.m.	NRRC NRRC NRRC

Teglia's Paradise Park - Please call 356-3176 for more details & availability

Intermediate Bridge	Wednesday	10:00 a.m. - 2:00 p.m.	TPPAC
Bunco	Thursdays	12:15 p.m. - 3:30 p.m.	TPPAC
Pinochle	Mondays / Wednesdays Players needed	10:00 a.m. - 2:00 p.m.	TPPAC
Wii Sports	1st & 3rd Tuesdays	2:00 p.m. - 3:00 p.m.	TPPAC
Brain Games	2nd & 4th	11:00 p.m. - 12:00 p.m.	TPPAC
Board Game Day /Puzzle Corner (bring a friend & come play a variety of table games)	Every Wednesday	10:00 a.m. - 3:30 p.m.	TPPAC

Evelyn Mount Northeast Community Center - Please call 334-2262 for more details & availability

Cribbage	Thursdays	1:00 p.m. - 3:00 p.m.	EMNCC
Bridge (Experienced Players)	Tuesdays	9:00 a.m. - 1:30 p.m.	EMNCC
Open Gym	Fridays	1:00 p.m. - 3:00 p.m.	EMNCC

***Adult (18+) \$2.00 * Youth (5-17) \$1.00 *Seniors (50+) \$.50 to \$1.00**

EVELYN MOUNT NORTHEAST COMMUNITY CENTER (EMNCC)

MARCH 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	8:00 AM / C Pickleball 10:00 AM / Crochet Circle 1:00 PM / R Pickleball	3	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	4	9:00 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	5	8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 1:00 PM / Cribbage	6	8:30 AM / Super Seniors 12:00 PM / Senior Yoga 6:00 PM / Ballroom Dance
9	10:00 AM / Crochet Circle 12:00 PM / Senior Yoga	10	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	11	8:00 AM / C Pickleball 9:00 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	12	8:00 AM / R Pickleball 8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 1:00 PM / Cribbage	13	8:00 AM / C Pickleball 8:30 AM / Super Seniors 12:00 PM / Senior Yoga 6:00 PM / Ballroom Dance
16	10:00 AM / Crochet Circle 12:00 PM / Senior Yoga 1:00 PM / R Pickleball	17	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	18	8:00 AM / C Pickleball 9:00 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	19	8:00 AM / R Pickleball 8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 10:00 AM / Vol. Crochet Group 1:00 PM / Cribbage	20	8:00 AM / C Pickleball 8:30 AM / Super Seniors 12:00 PM / Senior Yoga 6:00 PM / Ballroom Dance
23	10:00 AM / Crochet Circle 12:00 PM / Senior Yoga	24	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance	25	8:00 AM / C Pickleball 9:00 AM / Senior Tap 12:00 PM / Senior Yoga 1:30 PM / Chair Yoga	26	8:00 AM / R Pickleball 8:30 AM / Super Seniors 10:00 AM / Sit and Get Fit 10:00 AM / Vol. Crochet Group 1:00 PM / Cribbage	27	8:00 AM / C Pickleball 8:30 AM / Super Seniors 12:00 PM / Senior Yoga 6:00 PM / Ballroom Dance
30	10:00 AM / Crochet Circle 12:00 PM / Senior Yoga	31	8:30 AM / Super Seniors 9:00 AM / Bridge 10:00 AM / Sit and Get Fit 2:00 PM / Ballroom Dance						

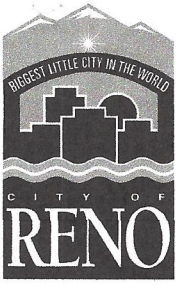
NEIL ROAD RECREATION CENTER (NRRC)

MARCH 2015

MARCH 2015											
MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
2	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Cribbage 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis		3	9:00 AM / Pickleball 10:00 AM / Conversation Café 10:00 AM / Fitness w/ Friends 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Basic Bridge 2:00 PM / Colin Ross		4	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 12:00, 1:30, 4:30 PM / Pickleball 1:00 PM / Pinochle 7:00 PM / Badminton 7:00 PM / Table Tennis		5	10:00 AM / Fitness w/ Friends 10:30 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 1:00 PM / Any Game 1:30 PM / Pickleball 7:00 PM / Table Tennis	
9	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Cribbage 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis		10	9:00 AM / Pickleball 10:00 AM / Conversation Café 10:00 AM / Fitness w/ Friends 11:30 AM / Senior Lunches 1:00 PM / Basic Bridge 2:00 PM / Colin Ross		11	9:00 AM / Senior Yoga 11:30 AM / Senior Lunches 12:00, 1:30, 4:30 PM / Pickleball 1:00 PM / Pinochle 7:00 PM / Badminton 7:00 PM / Table Tennis		12	10:00 AM / Fitness w/ Friends 10:30 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 1:00 PM / Dominos 7:00 PM / Table Tennis	
16	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Cribbage 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis		17	9:00 AM / Pickleball 10:00 AM / Conversation Café 10:00 AM / Fitness w/ Friends 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Basic Bridge 6:30 PM / Colin Ross - St. Pats Show		18	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 12:00, 1:30, 4:30 PM / Pickleball 1:00 PM / Pinochle 7:00 PM / Badminton 7:00 PM / Table Tennis		19	10:00 AM / Fitness w/ Friends 10:30 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 1:00 PM / Any Game 1:30 PM / Pickleball 7:00 PM / Table Tennis	
23	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Cribbage 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis		24	9:00 AM / Pickleball 10:00 AM / Conversation Café 10:00 AM / Fitness w/ Friends 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Basic Bridge 2:00 PM / Colin Ross		25	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 12:00, 1:30, 4:30 PM / Pickleball 1:00 PM / Food Bank 1:00 PM / Pinochle 7:00 PM / Badminton 7:00 PM / Table Tennis		26	10:00 AM / Fitness w/ Friends 10:30 AM / Senior Chair Yoga 11:30 AM / Senior Lunches 12:00 PM / Renown Lecture 1:00 PM / Any Game 1:30 PM / Pickleball 7:00 PM / Table Tennis	
30	10:00 AM / Senior Yoga 11:30 AM / Senior Lunches 1:00 PM / Cribbage 1:30 PM / Pickleball 7:00 PM / Badminton 7:00 PM / Table Tennis		31	9:00 AM / Pickleball 10:00 AM / Conversation Café 10:00 AM / Fitness w/ Friends 11:30 AM / Senior Lunches 12:00 PM / Bread Drop 1:00 PM / Basic Bridge 2:00 PM / Colin Ross							

TEGLIA'S PARADISE PARK ACTIVITY CENTER (TPPAC)

MARCH 2015											
MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
2	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 12:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold		3	10:00 AM / Bread Line 11:00 AM / Brain Games 12:00 PM / Health & Wellness 1:00 PM / Current Event Corner		4	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / All Game Day		5	9:00 AM / Chair Yoga 10:00 AM / Zumba Gold 12:15 PM / Bunco	
9	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 12:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold		10	10:00 AM / Bread Line 11:00 AM / Glee Club 1:00 PM / Dance with the Stars 2:00 PM / Wii		11	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / All Game Day		12	9:00 AM / Chair Yoga 10:00 AM / Zumba Gold 12:15 PM / Bunco	
16	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 12:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold		17	10:00 AM / Bread Line 11:00 AM / Brain Games 1:00 PM / Current Event Corner		18	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / All Game Day 2:00 PM / Happy Birthday		19	9:00 AM / Chair Yoga 10:00 AM / Zumba Gold 12:15 PM / Bunco	
23	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 12:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold		24	10:00 AM / Bread Line 11:00 AM / Glee Club 1:00 PM / Dance with the Stars 2:00 PM / Wii		25	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 10:00 AM / Interm Bridge 10:00 AM / All Game Day		26	9:00 AM / Chair Yoga 10:00 AM / Zumba Gold 12:15 PM / Bunco	
30	8:30 AM / Sit and Get Fit 10:00 AM / Pinochle 12:00 PM / Creative Crafts and Quilts 1:00 PM / Basic Art 5:30 PM / Zumba Gold		31	10:00 AM / Bread Line							



City of Reno
Senior Connect
c/o Neil Road Recreation Center
3925 Neil Road
Reno, NV 89502

Return Service Requested

Class Registration

Registration and payments must be submitted one week prior to the first class date to avoid cancellation. All programs must meet a minimum enrollment to be offered. New participants must submit a Household Account information form to register for a program. Please call EMNCC-334-2262, NRRC-689-8484 or TPPAC-356-3176 to register or for more information.

Scholarship Information

The City of Reno is committed to providing recreational opportunities to all residents regardless of economic circumstances. For this reason, a limited fund scholarship program is available to those who qualify. Qualified programs include City and volunteer taught programs including various fitness courses, arts and crafts and Senior Trips. For more information about scholarships, please call 334-2260.